

CREATIVE PROJECT: A METHODOLOGY FOR DISCOVERING NIGELLA SATIVA,
INTERNATIONAL RECIPES, AND ITS BENEFITS: COOKING WITH NIGELLA SATIVA

STUDENT: Huda Falah Al Herz

DEGREE: Master of Arts

COLLEGE: Applied Sciences and Technology

DATE: July 2012

PAGES: 119

Problem Statement

Nigella Sativa, a seed not well known in the U.S.A., has potential health benefits. Nigella Sativa is believed to be indigenous to the Mediterranean region but is cultivated in other parts of the world including the Arabian Peninsula, Northern Africa and part of Asia.

Purpose and Rationale

The purpose of this creative project was to develop a cookbook, which contains Nigella Sativa in each dish and to broaden knowledge of international foods. The cookbook also included a chapter about Nigella Sativa. Included within the project was determining acceptability of the seed by consumers.

Methodology

The author started with easy famous dishes from different countries to which she could add Nigella Sativa. Then she asked her family to help her find some dishes that originally included Nigella Sativa as one of the ingredients. Moreover, the author searched on the internet for dishes that included ingredients that American people would readily find in their markets. The author

selected recipes that she thought would be delicious with Nigella Sativa added to them such as pastry, soups, and salads. The next steps for the author were to professionally document and photograph these recipes.

A questionnaire was developed for volunteer taste tasters to characterize appearance, taste, texture and overall acceptability of international recipes with and without Nigella Sativa. Ten recipes including soups, salads, appetizers, main dishes, bread and desserts were prepared with and without Nigella Sativa. None of those recipes, were unacceptable in appearance.

Participants' rating of taste acceptability identified five recipes containing Nigella Sativa higher than comparable recipes not containing Nigella Sativa; two recipes had the same rating of taste acceptability.

Conclusion

The study has raised the awareness of consumers about the importance of eating healthy foods such as those containing Nigella Sativa. The project itself reinforces the importance of healthy foods and introduces easy recipes, which makes it easy to adopt a healthy lifestyle through cooking easy to make dishes. In addition to the nutritional value of the study, it has a cultural value. The study has raised the awareness of consumers of other cultures through introducing international dishes.